

BACK TO POOL



LYMINGTON HEALTH & LEISURE APPLEMORE HEALTH & LEISURE
TOTTON HEALTH & LEISURE RINGWOOD HEALTH & LEISURE
NEW MILTON HEALTH & LEISURE



Summer is over, but the fun does not have to stop.

As the new school year begins, our Swim Academy is the perfect place for children to continue learning, growing and building confidence outside the classroom.

Every lesson is part of an exciting adventure, helping swimmers develop essential life skills, achieve new goals, make friends and stay active throughout the term.

Whether they are diving in for their first lesson or progressing to the next stage of their swimming journey, our supportive teachers help every child learn and flourish.

Fill in each numbered blank with your own funny answers before you read the story. You can use real answers, silly answers, or a mix of both. Once all the blanks are filled in, read the story out loud and see what hilarious adventure unfolds on your first day back at Swim Academy.

After the school holidays, (1) could not wait to get back to Swim Academy.

"I definitely have not forgotten how to swim" I said after spending the holidays (2).

As soon as the lesson started, I realised I had lost my goggles. I checked my bag, the poolside, and even behind (3).

Then my friend (4) pointed at my head.

My goggles had been there the whole time.

A few minutes later, Coach asked us to swim (5) lengths. I was concentrating so hard that I accidentally splashed myself in the face.

By the end of the lesson, I was ready to eat a giant plate of (6).

My teacher said I had swum brilliantly and looked as fast as a (7) in the water.

WORD BANK

1. Your Name: _____
2. Holiday Activity: _____
3. Thing to Look Behind: _____
4. Friend's Name: _____
5. Number: _____
6. Food: _____
7. Animal: _____

DID YOU KNOW?

The breaststroke is the oldest known swimming stroke, and people were drawing pictures of it thousands of years ago in ancient Egypt.



ENQUIRE
TODAY



New Forest
DISTRICT COUNCIL



freedomleisure
where you matter